

Top Flight Tumbling

Class Descriptions

3-4 years old: Forward and backward rolls, beginning handstands, cartwheels, and bridges.

Coordination, strength, and position skills.

5-7 years old: Somersaults, bridges, bridge kickovers, handstands, cartwheels, and beginning round offs.

Beginning: Basic cartwheels, somersaults, back rolls, handstands, and bridges.

Intermediate: All beginning skills, as well as, dive rolls, one arm cartwheels, front and back walkovers, and round offs.

Advanced: All intermediate skills, as well as, front and back handsprings, and aerials.

For special requests or questions regarding placement, contact Nicole Burton @ nicolewburton@hotmail.com